

"It is always wise to look ahead, but difficult to look further than you can see."
- Winston Churchill

BLUEGREEN LIVING

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In This Issue

- ▶ Is Your Vacuum Cleaner Getting The Job Done?
- ▶ Healthy Babies
- ▶ Got Milk?
- ▶ Choosing The Right Pet
- ▶ Recipe: Mini Deep-Dish Veggie Pizzas
- ▶ Client Testimonials and Quick Tips

IS YOUR VACUUM CLEANER GETTING THE JOB DONE?

Regular vacuuming is the most effective way to prolong the life of your carpets. By removing dry particulate soils, you help prevent premature wear caused by abrasive soils grinding away at carpet fibers. A good quality vacuum cleaner that is maintained and used properly does a great job of removing pollutants and contaminants from your home. You don't have to spend a fortune, but don't skimp on quality either. A quality vacuum cleaner is well worth the investment.

There are a few things that you should know about your vacuum cleaner to prevent possible fiber damage, loss of performance and even possible health problems.

Your Vacuum and Airborne Particles

All vacuum cleaners use some kind of motor to turn fans that produce airflow. This airflow is used to convey soils into a collection receptacle such as a canister or bag. The air must be filtered before it is exhausted back into your home's environment. This is the basic function of all vacuum cleaners.

But not all vacuums are created equal. Some are better at filtering small particles than others. One micron is one millionth of a meter. The smallest particle that the human eye can see is about 25 microns in diameter. Depending on the filtering capabilities of your vacuum cleaner, particles as small as .3 microns can be effectively filtered out of the air. But most vacuum cleaners allow much larger particles to get through.

This is a problem, especially in homes with sensitive individuals with allergies or asthma. The smallest particles are able to be breathed into sinuses and deeply into lung tissue where they can cause irritation and inflammation. Coughing, wheezing and sneezing are the result. In some cases, full blown asthma attacks can happen.

What is in the dust that creates such big problems? Pollutants include mold and mold



spores, human and animal dander, dust mite feces, insect parts, air pollution, lead dust, carbon, cooking residues and more.

Vacuum Filters

Pollutants are captured and filtered out by high quality vacuum cleaners featuring "true HEPA" filtration. HEPA, or High Efficiency Particulate Air filters, are tested and certified to trap 99.97% of all particles at .3 microns, so a true HEPA vacuum cleaner actually cleans the air while it cleans the carpet. But be careful and do your homework. Just because a vacuum cleaner has a HEPA filter does not mean it is "true HEPA". Less efficient vacuum cleaners do not clean the air. Rather, they have the effect of expelling the smallest pollutant particles into the breathing zone where they can remain suspended for hours. Particles under .5 microns can be suspended indefinitely due to air currents within your home.

WORLD SPACE WEEK
OCTOBER 4-10



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See "Vacuum Cleaner" on next page ▶



Mini Deep-Dish Veggie Pizzas

October is Vegetarian Month. Whether you choose to go meatless full-time or just for a meal here or there, it is always good to have great go-to recipes that are satisfying for the whole family.

Ingredients:

1/2 pound store bought or homemade pizza dough

Olive oil for pan

Salt and pepper to taste

1 large tomato, finely chopped

1/4 cup broccoli florets, broken into small pieces

1/4 cup red bell pepper, finely chopped

1/4 cup mushrooms, finely chopped

1/2 cup shredded mozzarella

Directions:

Preheat oven to 450 degrees.

Brush the inside of each cup in a 6-cup muffin tin with olive oil.

Divide the pizza dough into six pieces and roll each piece out into a 6-inch round.

Place each dough round into a muffin tin cup and press into the bottom and sides of each cup.

Season with salt and pepper.

Place the veggies into each cup and then top with cheese.

Bake until the dough is golden brown, about 12 minutes.

Let cool about three minutes before removing from cup.

► "Vacuum Cleaner" from cover

Vacuum Maintenance

To get the most out of your vacuum cleaner it is important that it be properly maintained. If it has a replaceable bag it should be exchanged when about half full. Never vacuum up moist soils or damp carpet. This can cause bacterial growth and odors in your machine. Check the belts and make sure that the brushes or rollers are in good condition. It is best to take your machine in for an annual tune-up to keep it operating at peak performance. When you

vacuum do not rush over the surface of the carpet. Take your time. Vacuum over high traffic areas in two different directions to remove the most soil. This will help your carpets stay cleaner and last much longer.

Keeping Your Home Clean

You can maintain your carpet with regular, professional cleaning, and Bluegreen is happy to help with that. But a good quality vacuum cleaner is really your first line of defense in keeping a clean and healthy home.

By the Numbers: House Cleaning

- About 51% of women do housework daily. Only 20% of men do.
- Most homes in the U.S. are vacuumed every 2.25 days.
- 45% of cleaning companies offer green cleaning services.
- There are over 1.4 million people employed as maid or housekeeping cleaners in the U.S.
- About 80% of two-income households use a cleaning service at least once per year.

Source: Bureau of Labor Statistics, U.S. Department of Commerce

79
25



Healthy Babies

Sudden Infant Death (SIDS) is the sudden, unexpected, and unexplained death of a child under one year of age and is sometimes referred to as "crib death." Although no one knows what causes SIDS, there are some things you can do to make your baby safer.

- Place your baby on his or her back to sleep. Although for many years, this was not considered good advice, studies have now shown that this contributes greatly towards reducing the chance of an occurrence of SIDS. Not all babies should sleep on their backs however. Discuss this with your doctor if your baby has any medical, eating, or congenital problems.
- Babies should never be placed in a crib or bed with large, loose, or fluffy blankets, pillows, or comforters. There should not be any gaps between the mattress and the crib frame.
- The temperature in the room should be kept at a comfortable level. Do not allow your baby to get too warm.
- Establish a smoke-free zone around your baby. Research indicates that cigarette smoke in your baby's environment increases the risk of SIDS.
- Breastfeed your baby, even if for only a short period of time. Breast milk contributes to your baby's overall health and can decrease the risk of SIDS.

Got Milk?

In response to low-carb and low-fat diet fads, many people have sworn off milk products. Others may be sensitive to the effects of milk on their digestive or respiratory systems.

There is a benefit to drinking milk, however, that those who have given it up are missing. Milk can positively affect your mood. It is high in whey protein, which is a rich source of the amino acid tryptophan. Whey decreases physiological responses to stress, can enhance your mood, and boost memory performance. A study conducted by Dutch and Yale University researchers found that whey increases tryptophan in the brain, which in turn leads to a higher production of the chemical serotonin. This body chemical boosts your mood and has the potential to enhance your brain's performance during stressful times.



Whey has also been found to aid in weight loss, as it plays an important role in limiting hepatic fatty acid synthesis. This means that muscle tissue burns more fat when exercising. Whey also can help with mild depression.

So, what is the best way to get milk in your diet without any negative side effects? Try adding low-fat or fat-free milk sources such as yogurt, cottage cheese, and cultured dairy beverages like kefir. You can also add whey powder to a daily smoothie. Or simply drink some milk. Most negative effects come from drinking too much milk. An 8-ounce glass, one cup, of fat-free organic milk every few hours will boost your mood and give you a steady stream of energy for the entire day.

digg

App of the Month: Digg

Digg began as a web-based service, sharing the most interesting and talked about stories on the Internet. Readers can give each story a digg—a positive vote—which moves it up the list and keeps everything relevant and interesting. The folks at Digg have developed an app to give you mobile access to all the latest news, memes, stories, and chatter on the Internet. You can download the app to your Android or iOS device, and also still find all the content provided by Digg on the web. Best of all, it is easy to use, has a clean interface, and is free!

Choosing the Right Pet

Getting a pet can be a big decision. Knowing which type or breed to get is important for the long term happiness of you, your family, and your pet. Before you decide on a pet, take time to research the type of animal that will best fit in to your home environment. If you decide on a puppy, be sure to understand how large your dog will be when fully grown. Research the animal's temperament and proclivities to ensure a good fit with your home situation.

Also take into account your budget. Larger animals tend to cost more in food and care. They may also require more of your time. Consider time needed for exercise, grooming, and other care. By taking a little time before you invest yourself in a new pet, you will be sure of making the proper choice for you and your animal.



Bluegreen Client Testimonials

"Very good experience. The techs explained what they were going to do and what to expect. They worked very well as a team. They called me when they left the office and arrived right on time. Would use Bluegreen again-impeccable customer service and work service. Thank you the rugs look great!"

- Tom B.

"Bluegreen did an excellent job with our furniture cleaning. The furniture looks brighter because of the cleaning. We were referred to you by a local carpet retailer and will definitely call again when we need our furniture and/or our brand new carpet cleaned."

- Debbie H.

The Good Life

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"It's a survey. Are we insured by the obnoxious woman in white or the little lizard?"

Quick Tips

Money Tip

Simplifying your financial life can save you money. Arrange for automatic payment of recurring expenses such as your mortgage or rent payment, utility bills, loan and insurance payments. This will help you avoid late payments and the fees that come with them.

Healthy Living Tip

Studies show that people who skip breakfast are more likely to gain weight. Eating breakfast stimulates your metabolism and keeps you from craving a mid-morning snack or eating too much at lunch. It can also increase alertness and energy levels.



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